



Rebel Mentalism Mastery Skills

SPOT LIES LIKE AN FBI
AGENT

BY: REBELMAGIC.COM



Lie detector tests are frightening.

Well... only for people who have something to hide that is.

Why? Because they're incredibly accurate. You can't fool a lie detector test unless you manipulate your body's conditions beforehand. But that can be extremely painful, and unhealthy.

But if a machine can detect lies, why can't humans?

Well... humans can. And there are people trained for exactly that kind of job within government and police agencies.

They're good at interrogating people, and noticing small subtle signs that tell them precisely if the person is telling the truth or not.

While like a machine, there are instances where it does not work, knowing and being aware of what signs to look for can be extremely accurate and powerful.

It's a skill that all people should have. Being able to tell if a person is lying doesn't just give you a one-set skill.

It makes you more aware. It makes you more conscious of the fact that people could have other agendas than the one they're saying. And it makes you wiser in real-world situations.

That is why this bonus book has been distributed and shared amongst children and teenagers, so that they could have higher awareness of their surroundings and the people they encounter in this world.

Not everyone is good. Some people will try to take advantage of you. And to be able to spot those before anybody else is a key life skill.

How accurate are human lie detectors?

- Human lie detectors read facial expressions, body language, voice tone and statement analysis to detect deception.
- Human lie detection is like a humanized polygraph. The science trains the naked eye to see guilt, nerves and hidden emotions in a similar way that a polygraph measures heart rate, respiration rate and sweat.
- Research has shown that learning human lie detection techniques can help you improve your lie spotting ability up to 90%.

Interesting facts about lying:

- Extroverts lie more than introverts.
- Men typically lie more often than females.
- More than 82% of lies go undetected.
- A third of all resumes contain false information.

Signs Used By Human Lie Detectors In The Federal Bureau Of Investigation (FBI)

1. The person has an answer for everything

Ask most people what they were doing last week and they'll have to pause and think about it. That's even more true of teenagers, who generally don't have the capacity to tell an elaborate story on the fly. So when someone gives every answer that seems totally rehearsed—there's zero hesitation before they answer a question—well, that's a dead giveaway.

2. Fidgeting and fussing for no particular reason

If someone keeps performing a random physical action that seems unnecessary—cleaning her glasses excessively, retying her shoelaces, or dusting off the (clean) table in front of her—she may be lying. The guilt and anxiety make her restless. That can be particularly true if she is lying to somebody she loves. When a person fibs to a traffic cop, she won't necessarily fidget a lot. But if she is deceiving her husband, she won't be able to sit still.

3. Proclaiming their honesty repeatedly

To sell us on the integrity of their answers, liars often use phrases emphasizing the validity of their statements, like "to tell the truth" and "to be perfectly honest." These verbal

tip-offs frequently invoke religion. Think of expressions like “I swear on a stack of Bibles” and “as God is my witness.” Most truthful people don’t need to go that far.

It’s okay to say it once, but if it gets excessive, then it’s a small sign that you should look out for.

4. They change their head position quickly.

If you see someone suddenly make a head movement when you ask them a direct question, they may be lying to you about something.

"The head will be retracted or jerked back, bowed down, or cocked or tilted to the side," writes Glass. This will often happen right before the person is expected to respond to a question.

5. Their breathing changes

Pay close attention to a person’s breathing patterns.

When someone is lying to you, they may begin to breathe heavily, Glass says. "It's a reflex action."

When their breathing changes, their shoulders will rise and their voice may get shallow, she adds. "In essence, they are out of breath because their heart rate and blood flow change. Your body experiences these types of changes when you’re nervous and feeling tense — when you lie."

6. They stand very still.

It's common knowledge that people fidget when they get nervous, but you should also watch out for people who are not moving at all.

This may be a sign of the primitive neurological 'fight,' rather than the 'flight,' response, as the body positions and readies itself for possible confrontation. When you speak and engage in normal conversation, it is natural to move your body around in subtle, relaxed, and, for the most part, unconscious movements. So if you observe a rigid, catatonic stance devoid of movement, it is often a huge warning sign that something is off.

7. They repeat words or phrases.

This happens because they're trying to convince you, and themselves, of something, she says. They're trying to validate the lie in their mind. For example, he or she may say: I didn't...I didn't... over and over again.

The repetition is also a way to buy themselves time as they attempt to gather their thoughts.

8. They provide too much information.

When someone goes on and on and gives you too much information – information that is not requested and especially an excess of details – there is a very high probability that he or she is not telling you the truth. Liars often talk a lot because they are hoping that, with all their talking and seeming openness, others will believe them.

9. They touch or cover their mouth.

A telltale sign of lying is that a person will automatically put their hands over their mouth when they don't want to deal with an issue or answer a question.

When adults put their hands over their lips, it means they aren't revealing everything, and they just don't want to tell the truth. They are literally closing off communication.

10. They instinctively cover vulnerable body parts.

This may include areas such as the throat, chest, head, or abdomen.

I have often seen this in the courtroom when I work as a consultant for attorneys. I can always tell when someone's testimony has hit a nerve with the defendant, when I see his or her hand covering the front of his/her throat.

This one is particularly used in the FBI as a clear signal of lying.

11. They shuffle their feet

This is the body taking over. Shuffling feet tells you that the potential liar is uncomfortable and nervous. It also shows you that he or she wants to leave the situation; they want to walk away.

This is one of the key ways to detect a liar. Just look at their feet and you can tell a lot.

12. Difficulty speaking

If you ever watch the videotaped interrogation of a suspect who is guilty, you will often observe that it becomes more and more difficult for her to speak. This occurs because the automatic nervous system decreases salivary flow during times of stress, which of course dries out the mucous membranes of the mouth.

Other signs to watch out for include sudden lip biting or pursed lips.

13. They stare at you without blinking much.

When people lie, it's common that they break eye contact, but the liar could go the extra mile to maintain eye contact in attempt to control and manipulate you.

Bernie Madoff, like most con men, overcompensated and stared at people longer than usual, often without blinking at regular intervals. When people tell the truth, most will occasionally shift their eyes around and may even look away from time to time. Liars, on the other hand, will use a cold, steady gaze to intimidate and control.

Also watch out for rapid blinking.

A person will ordinarily blink about five or six times a minute, or once every 10 or 12 seconds. When stressed — for instance, when someone knows he's lying — he may blink five or six times in rapid succession.

Exceptions to the usual blink rate mostly have to do with production of dopamine in the body.

For example, a person with Parkinson's disease will have a noticeably slower blink rate than what is usual, while a person with schizophrenia will blink more rapidly than normal.

14. Closing eyes for more than one second at a time

When a person closes his eyes for a second or two, this may indicate he's lied to you, since this is a type of defense mechanism. Normally a person will blink at a speed of 100 to 400 milliseconds, or 0.10 to 0.40 of a second.

15. They tend to point a lot.

When a liar becomes hostile or defensive, he is attempting to turn the tables on you.

The liar will get hostile because he is angry that you've discovered his lies, which may result in a lot of pointing.

16. Looking up to the right

When you ask a normal, right-handed person about something he's supposed to have seen, if he looks upward and to his left, he's truly accessing his memory of the incident.

However, if he looks upward and to his right, he's accessing his imagination, and he's inventing an answer.

Left-handed people will usually have just the opposite reactions.

And some people will stare straight ahead when trying to recall a visual memory.

17. Looking directly to the right about sound questions

If you ask about what a person heard, his eyes will shift toward his left ear to recollect the sound he heard, but if his eyes shift toward his right, he's about to fib.

Vice versa for lefties.

18. Looking down to the right

His eyes will shift downward and to his left if he's going to tell you his memory of a smell or touch or sensation, such as a cold draft or a terrible odor. But his eyes will shift down and to his right if he's going to lie.

19. Bunched skin beneath and wrinkles beside the eyes

When people genuinely smile, the skin around their eyes bunch and wrinkle.

20. Face touching

A fairly easy and clear sign.

A chemical reaction causes people's faces to itch when they lie. A good tip to know.

21. Pursed lips

A person's mouth will often go dry as she's lying. She may do a sucking motion, pursing her lips, to try to overcome this.

When their lips are so tightened that they appear pinched and white, this can indicate lying.

22. Excessive sweating

Sweat may appear on the forehead, cheeks, or back of the neck, and you'll likely observe the person try to wipe it away.

23. Blushing

Blushing is an involuntary reflex caused by sympathetic nervous system (this activates your fight-or-flight response) and is a response to the release of adrenaline.

24. Head shaking

Often when people tell the truth they will nod their heads simultaneously in agreement with what they're saying. But if they shake their heads in disagreement with what they've said, their bodies are betraying their lie.

What you can do with this information:

Human lie detectors are fascinating.

As mentioned earlier, these signals, once mastered, can improve your lie spotting abilities up to 90%.

The signs are subtle, and you should memorize each one to truly be able to tell if someone is lying to you or not.

The best way is to memorize them, understand each one, and then go practice on somebody.

A good practice technique is to get a friend or family to practice with you.

Don't tell them that you're trying to practice your lie detection skills.

Just tell them, you have something you want to test out. And then start asking questions.